



# FIST

**The Legend Continues**



MINDSCAPE

Program contents copyright © 1986 Beam Software. All rights reserved.  
Licensed in conjunction with International Computer Group  
from Melbourne House Publishers Ltd.  
Manufactured in the U.S.A.



## Prologue

Centuries have passed since the tournaments of the Grand Masters. The once-mighty Warriors of the Exploding Fist have been betrayed and defeated, their fighting techniques buried amid the rubble of their ruined temples.

The land is blighted, the crops withered, creatures of the night infest the rivers and forests. The people are enslaved, ruled by the evil Warlord from his volcanic stronghold. Guarded by mercenaries and warriors, protected by natural and man-made barriers, this fortress has been seen by no man who lives to tell the tale.

In the villages, the elders speak in hushed whispers of the terrible creatures and dangers of that volcanic house of death. They also speak of one who is yet to come. One who will seek out and defeat the Warlord and free the land from his tyranny. He will have inherited the fighting skills and inner strength of the great Fist Masters of bygone ages.

The Elders say that the Fist Masters, knowing of the troubles to come, wrote their secrets on mystic scrolls and secreted them about the realm. They also built hidden shrines and secret temples where meditation can strengthen the body and spirit of the chosen warrior.

If one seeks the scrolls and absorbs their arcane power; if one were to fight well and bravely against the Warlord's minions; if one were to conquer his inner self and master the power of the Exploding Fist – then the evil would be destroyed and the people freed.

If only such a one exists...

## Getting Started

Follow the instructions on the enclosed reference card to load and run the game.

## The Quest

You are a young disciple, descended from a great Fist Master. You have been entrusted by the village elders to seek out and destroy the evil Warlord.

Inexperienced in combat and lacking in strength, you must search the land for the hidden scrolls and temples to increase your power. The land is dangerous for it borders on the Warlord's domain and is covered with jungle and riddled with treacherous caverns and cliffs. Some precipices can



be scaled with ladders, but other hazards can only be overcome by skill, strength, and cunning.

The rivers are filled with treacherous currents, the swamps will hinder your passage, and you will find that not all of your skills will work in all terrains.

There are underground passages and caves...some of which you can only pass by swimming.

Nestled in the cliffs are the fortress cities, which wind their way up and down the volcano's side. You must thoroughly explore these warrens and the catacombs beneath.

Gradually, if you survive, you will begin to make your way upwards toward the crater of the slumbering volcano. The Elders say that here, shrouded in mist and filled with twisted, evil things that once were men, lies the citadel of the Warlord. Only the most powerful of warriors will survive; for here, the terrors are unspeakable.

## **Chi**

Chi is energy. Your current Chi level is indicated by the scroll at the bottom left of the screen. When in combat, your opponent's Chi level will be indicated at the lower right. When your opponent's Chi is completely depleted, he will die and be reclaimed by his evil master.

Chi is an indication of stamina and strength. You will be unable to smash through a strong barrier, for example, with insufficient Chi.

You start the quest with only a small amount of Chi. This is your initial maximum energy level. If you lose energy, you will regain it through natural healing and gradually will recover your maximum level. If you should be poisoned, however, you will be unable to regain Chi until healed.

Chi is depleted rapidly under water and in the midst of poisonous gas.

You can quickly regain lost Chi by meditating in one of the Fist Masters' temples. This will also cure you of poison and, if you have defeated many opponents since your last visit, you will find that your maximum energy level will increase as well.

If your energy is exhausted, you will die. However, for each scroll you have found and learned, you gain an extra life. Should you die with a life remaining, you will be reincarnated at the last temple in which you meditated.



## Ch'an

Whenever you enter a temple, you will automatically walk to the shrine and kneel in meditation. As well as serving to regain Chi and rid you of poison, meditation has a more crucial purpose.

On the altar mat you will see a trigram. If you have found the scroll which matches this trigram, your meditations will serve to imbue you with the wisdom and power found in the scroll.

## The Trigrams

The success of your quest lies in learning the knowledge of the ancients. This knowledge is symbolized by the trigram imprinted on each scroll.

It is up to you to discover the use to which your new powers must be put. The following descriptions of the trigrams contain clues as to how and when their knowledge can be used.



**Chi'en, the creative.** This symbol represents heaven associated with strength.



**Sun, the gentle.** The wind, which has the ability to pass through the other elements.



**Chen, the arousing.** Like a clap of thunder, Chen can wake the dead and move the immovable.



**Kan, the abysmal.** The trigram of danger. Linked with the image of water, it affords protection.



**Ken, keeping still.** Symbol of mountains. Ken is the trigram of patience, rest, calm, and poise.



**K'un, the receptive.** Represents the earth and earthly strength. K'un bends but cannot be broken.



**Li, the clinging.** The trigram of fire. Source of light, even in the darkest of dark.



**Tui, the joyous.** The trigram of joy. Bringer of health and well-being in the presence of malignance.







## **The Enemy**

As you journey, you will encounter the minions of the Warlord, whose skills and weapons are varied and deadly. Some will challenge you openly, but others will lie in ambush to strike as you pass. Remember that although you can conserve energy by avoiding contact, you will only gain experience if you fight.

### *Peasant Soldiers*

Fearless mercenaries recruited from the villages, these capped soldiers are able, but not exceptional, fighters. They will kill their own kin for a coin. They are good opponents for the beginning warrior.

### *Warrior Guards*

Bestial and ferocious, bedecked in animalistic warpaint, these foes have recently swept down from the crater. They can be defeated only by a true master.

### *Ninja*

The shadow-dwellers. They attack without warning. Adept in all arts, they carry concealed weapons. Beware of their deadly shuriken.

### *Shogun*

Renegade chieftains, enticed by the Warlord's promises of power and spoils, these masked opponents are nearly invulnerable. Confrontation with a Shogun is often followed by a battle with hordes of warrior guards.

### *Assassins*


The perfect fighting machines. Assassins are only dispatched when your exploits have reached the ears of the Warlord himself. Utterly relentless, they cannot be avoided.

### *Mud Warriors*

Subterranean and sub-human. These troglodytes fear the sun and can usually be found only in the lowest depths of the caverns. Occasionally, one will thrust itself to the surface long enough to cast poisoned shuriken at an unsuspecting traveler.

And there are stories of strange mutated creatures which prey beyond the village confines – poisonous snakes, ferocious panthers, huge bats, and even underwater hazards beyond description.

Go forth. And remember, though your body may suffer defeat, the mind and spirit of a warrior are forever unconquerable.



## Training

If you feel that you are not ready to face the multitude of opponents you must defeat on your quest, you may wish to spend time at the training ground. Here you will have the chance to sharpen your skills in competition against various of your brother monks, or even against another disciple such as yourself.

In the one-player version of the training ground, you will face a series of opponents of increasing skill levels, each fighting in a different environment. You must defeat each opponent twice to advance to the next dan. The numbers in the upper left and right corners represent your current Chi levels, while the counter in the center determines the time remaining in the match. Whoever has more Chi when the time runs out is declared the winner. Points are awarded for any strike which connects and for time remaining in the case of a knockout.

The two-player game consists of a series of eight sixty-second rounds, two in each of the four locations. Points are awarded for contact and all matches continue until time expires.

Use your time in the training grounds wisely, as it may be the only thing between you and total defeat at the hands of the Warlord.



Mindscape, Inc.  
3444 Dundee Road  
Northbrook, IL 60062

Software that challenges the mind.